



Cookin' with Kilowatts



Cookbook

2014

Contents

Introduction	3
FIRST PLACE	
Baked Coconut Shrimp with Curried Chutney Matt R., Seattle	4
SECOND PLACE	
Risotto with Ham & Peas Rosemarie K., Seattle	6
THIRD PLACE	
Spanish Brown Rice with Spicy Vegan Sausage Leslie B., Seattle	8
KID CONTEST WINNER	
Congee Ze Hua, Seattle	8
Top Recipes	10

Cookin' with Kilowatts Contest

We challenged our customers, to take a favorite recipe that you would normally bake in your oven or cook on your stovetop, and prepare it using an electric cooking method that uses less energy.

- All customers who submitted a recipe using a more energy-efficient method received a free City Light pot holder and chef's hat.
- Adult and kid submissions were judged on creativity and energy saved. Gift cards in the adult contest were awarded to first (\$250), second (\$150), and third (\$100) place. The winner of the kid's contest was awarded a \$150 gift card.



Typical appliance costs

APPLIANCE	TEMPERATURE	TIME	ENERGY	COST*
Electric oven	350° F	1 hour	2.0 kWh	19¢
Toaster oven	425° F	50 minutes	.95 kWh	9¢
Crockpot	200° F	7 hours	.7 kWh	7¢
Microwave oven	High setting	15 minutes	.36 kWh	3¢

Source: Consumer Guide to Home Energy Savings
*Assumes 9.5¢/kWh



★ ★ ★ ★
★ FIRST PLACE ★

Baked Coconut Shrimp with Curried Chutney

Matt R.
Seattle

“I learned that it is more energy efficient to use a toaster oven than a regular convection oven. However, the added benefit (during this time of year) is that the toaster oven did not heat up my house on a hot day like my convection does!”

Stir chutney, green onion, curry and crushed red pepper in small bowl until blended. Set aside.

Preheat toaster oven to 450°. Spray a baking pan with nonstick cooking spray. Set aside.

Combine flour and salt in a large resealable plastic bag.

Add panko crumbs and coconut to bag. Seal and shake to combine.

Beat egg white in a medium bowl until foamy.

Dip one shrimp at a time into egg white.

Place shrimp in crumb mixture and press mixture onto shrimp until well coated. Arrange in single layer in prepared baking pan.

Bake 9 to 11 minutes until crumbs are golden brown. Serve with chutney mixture. Garnish with cilantro.



9-11 minutes
in a toaster oven



1 cup chutney
2 T sliced green onion
1/2 tsp ground curry
1/2 tsp crushed red pepper
2 T all purpose flour
1 tsp salt
1 cup panko crumbs
3/4 cup sweetened shredded coconut
1 egg white
1 pound (16 to 20 count) extra jumbo shrimp
Cilantro



SECOND PLACE

Risotto with Ham & Peas

Rosemarie K.
Seattle

3 cups chicken broth

1 cup Arborio rice

1 tsp olive oil

2 T chopped shallots

1 minced garlic clove

1 cup diced cooked ham

1/2 cup frozen peas

1/4 cup grated Parmesan cheese

Salt and pepper

“I would never make the stove top version of this dish during the summer because I hated to stand over the saucepan, constantly stirring the rice. Using the rice cooker keeps my kitchen cool so now we can enjoy this meal all year long!”

Rinse off the rice and drain it. Combine it with the broth in the rice cooker pot. Set the rice cooker for twenty minutes and push start. When the timer goes off, check the rice. If there is still a lot of liquid cook for a few minutes longer.

While the rice is cooking saute the shallots and garlic in a pan on the stove top. When they're softened and fragrant, add the ham until its warmed.

Put the peas in a microwave-safe bowl and cook for 2 minutes.

Combine the ham mixture and peas with the rice. Stir in cheese. Add salt and pepper to taste.



2 minutes
in a microwave



20 minutes
in a rice cooker

THIRD PLACE

Spanish Brown Rice with Spicy Vegan Sausage

Leslie B.
Seattle

“Vegan, one pot cooking and very hearty!”



Combine all ingredients in a medium sized crockpot and stir to distribute evenly. Cover with lid and cook on LOW for 8-9 hours.



8-9 hours
in a crockpot



- 1/2 cup diced yellow onion
- 1 clove garlic, minced
- 1 medium sized red bell pepper, seeded and coarsely chopped.
- 1 15 oz can crushed tomatoes with their juice
- 1 1/2 cups water
- 2 tsp chili powder
- 2 tsp vegan Worcestershire sauce
- 3/4 cup brown rice
- 1/2-1 T chopped jalapeño pepper (depending on how much heat is wanted)
- 1 package (12.95oz) Field Roast Mexican Chipotle Sausage (can be purchased at most grocery stores).



KID CONTEST WINNER

Congee

Ze Hua
Seattle



“Congee is popular in many Asian cultures. It was a staple at my orphanage in China. Despite many variations, it is always a thick porridge or soup of rice, which is disintegrated after prolonged cooking in water. Congee can be prepared as either sweet or savory. Consider: ginger, dates, sugar & butter, mushrooms, veggies, scallions, egg, tofu, fish, meat, soy sauce, sesame oil or spices. The possibilities are endless!”

We prepare extra rice for our dinner in an Aroma brand combination rice cooker/slow cooker. After dinner we add more water or broth to the leftover rice still in the cooker and set to cook on high for 2 hours. Approximately a 2:1 liquid to rice ratio. Check and stir after 1 hour and periodically after ensuring it is not too dry. Make it as thick or thin as you like. Thin and soupy is more traditional. But we go with a thicker version much like cream of wheat. Add the secondary ingredients to the pot or on top of each bowl. We take out the removable pot and refrigerate. Warm in cooker for any meal!



2 hours
in a rice cooker/
slow cooker



A 1960's cooking lesson with City Light expert Home Economist, Mary Norris.

Simple Chicken Soup

Katherine B.
Seattle

*1 package chicken drumsticks
(approx. 5 drumsticks)*

*16 oz box of chicken stock
(preferably Trader Joe's organic
chicken stock)*

5 medium golden potatoes

1 large carrot

1 whole white or sweet onion

1 clove garlic

1/4 cup finely chopped celery

“Learning to cook simple things that don’t take a lot of effort but still taste good!”

Put the chicken drumsticks in the crock pot and cover with about half of the chicken stock (enough to just cover the chicken, not more). Turn the slow cooker on high for 3 hours.

When the 3 hours are up, remove the drumsticks. Leave the remaining chicken stock on the slow cooker.

Mince the garlic and onions. Add to the slow cooker.

Slice the celery and carrot. These should be in bite-size or smaller pieces. Add to the slow cooker.

Cut the potatoes into cubes. Leave the skin on. Add to the slow cooker.

De-bone the chicken drumsticks, and separate the meat into bite size chunks. Add to the slow cooker.

Add the remaining chicken stock to the slow cooker.

Add salt and pepper to taste.

Cook on high for 4 hours. Enjoy!



7 hours
in a crockpot

Quinoa Rainbow Salad

Scott D.
Seattle

“This is a one-dish meal that makes great leftovers for the work week—it has a long shelf life and is vegetarian, plus it’s a great potluck salad for all ages. It’s very nutritious and a wonderful example of the “whole foods” concept—cooking with ingredients that are nothing but themselves.”

Rinse quinoa in cold water and stir. Drain water and place in rice cooker. Add 4 cups water. Cook for 15-20 minutes until quinoa is fluffy. When ready, place quinoa in large salad bowl.

Rinse black beans in a colander, and then place in the bowl.

Microwave corn for 6 minutes. Let cool, then add to bowl.

Chop roasted red peppers into bite-sized pieces and then add to the bowl.

Chop cilantro and add to the salad.

For the dressing, combine olive oil and lime juice (bottled is OK). Crush garlic cloves and add to dressing. Add cayenne pepper, or mild chili pepper if desired, to taste. Shake dressing and add to salad. Mix all ingredients well.

You can also add other fresh veggies such as bell peppers and summer squash.

Makes about 12 servings.

2 cups quinoa

2 15 oz cans reduced-sodium black beans

2 small bags organic corn

2 large jars roasted red peppers

1 bunch fresh cilantro

FOR DRESSING

4 T extra-virgin olive oil

6 T lime juice (bottled is OK)

6 cloves garlic

Cayenne pepper or
mild chili pepper



6 minutes
in a microwave



15-20 minutes
in a rice cooker

City Light employee baking
contest, circa 1960.



Mediterranean Spiced Chicken Risotto

Laura G.
Seattle

“I enjoyed thinking of ways to get the most cooking done using one appliance. I was really pleased to find that I could get a dish very similar to risotto—something which I’ve found tricky to accomplish on the stove top with brown rice—so easily in the crock pot. The crusty rice bits on the bottom of the crock are a special treat in my family.”

Soak chicken in water and three tablespoons salt for several hours or overnight. Drain.

Pour rice and two cups water into large crock pot and mix to moisten. Put onions and garlic on top of rice. Do not stir.

Mix dry spices and 1 tsp salt and rub chicken inside and out. Put chicken breast side down. Pour lemon juice on top. Cook on high for 4-5 hours, or until chicken is thoroughly cooked and all liquid is absorbed. Mix rice with feta. Set chicken on platter of rice garnished with onions and vegetables. Carve chicken or pull apart and serve with hummus and pita.



4-5 hours
in a crockpot

One whole chicken
2 cups brown rice
2 large onions, sliced
4 cloves fresh garlic, chopped
1/4 cup lemon juice
3T + 1 tsp fine sea salt
1 T rosemary, crushed
1 T oregano
1 T paprika
2 tsp powdered ginger
2 tsp cumin
1 T dried mint leaves, crushed
Black pepper to taste
Olives
Cucumber
Tomato
Feta cheese

Pork en Mole

Gaye G.
Seattle

5 lb. bone in pork shoulder roast
1/4 cup canola oil
1 whole yellow onion, chopped
1/4 cup garlic, minced
2 canned chipotle peppers
with sauce, chopped
3 T paprika
1 T cumin
1 T dried oregano
3 T chili powder
1 tsp chili flakes
1 tsp black pepper
1 round of Mexican
chocolate, chopped
Salt to taste
2 cups unsalted chicken stock

“I love just putting ingredients in the crockpot and seeing what develops as it cooks throughout the day. It's also great to come home from work with the wonderful smell of Mexican spiced pork filling my kitchen. Since the crockpot does the cooking, it's easy to add tortillas, rice, some cheese or avocado and you have a middle of the week Mexican Fiesta!”

Turn crockpot on high and add oil.

Add all ingredients and cook on high for 2 hours turning occasionally to mix the ingredients as they cook

Reduce heat to low and continue to cook about 2-3 hours more until the pork is tender and falls off the bone.



4-5 hours
in a crockpot

Easy Fish Tacos

Rachel H.
Shoreline

“We improvised this recipe the other day when the temperature in Seattle climbed into high 80s. It made for a great, fresh summer meal and we loved that we didn’t have to make our kitchen hotter than it already was by avoiding using the stove at 425 degrees!

You could further dress up your tacos with other fresh fixings like lime wedges, avocado, or cilantro. Enjoy!”

Follow the package directions for heating the fish, but use your toaster over instead of the oven. Typically this will mean baking the fish in a single layer for 20 minutes or until crispy. Remember to turn fish over halfway through baking so that each side gets browned evenly.


After the fish is cooked, let it rest for 5 minutes while you prepare the tortillas. Melt 1/4 cup of cheese over each tortilla. You might need to do one at a time, depending on the size of your toaster oven. After the tortilla is toasted and the cheese is melted, distribute fish, salsa, and lettuce evenly and serve.

Serves 4.



25 minutes
in a toaster oven

- : 18 oz. Frozen Fish Tenders (such
- : as Van de Kamp's 100% Whole
- : Fillet Crispy Fish Tenders)
- : 4 flour tortillas
- : 1 cup shredded cheddar cheese
- : 1 cup corn salsa (such as Trader
- : Joe's Corn & Chile Tomato-less
- : Salsa)
- : 1 cup shredded lettuce or chopped
- : cabbage (optional)

A man and a woman are smiling and cooking together in a kitchen. The man, on the left, is wearing a striped apron and holding a black spatula over a frying pan. The woman, on the right, is wearing a red apron and pouring oil from a small bottle into the pan. The pan contains colorful vegetables like tomatoes and cucumbers. In the background, there is a stainless steel pot on the stove, a sink with a faucet, and a vase with red flowers. The kitchen has light-colored cabinets and a tiled backsplash.

With the advent of conservation, City Light's emphasis shifted from load growth to energy efficiency, and the Home Economics program was discontinued.

Chicken Mexicali

Jen H.
Shoreline

“This recipe was my mom’s and makes me always think of my childhood in the oven. I love how fast and easy this is to make in single servings! It is cheese filled and tasty and leftovers are just as delicious!”

Remove chicken meat from bones and shred.

Mix all ingredients together in large bowl reserving a small amount of cheese to sprinkle on top to broil.

Transfer to ramekins and cook in a toaster oven for 10-15 minutes on broil until cheese is bubbling



10-15 minutes
in a toaster oven

- 1 deli rotisserie chicken
- 8 oz shredded cheddar cheese
- 1 can of cream of chicken soup
- 1 can of cream of mushroom soup
- 7oz can of green chilies or jalapeños depending on desired spiciness
- 1 tsp chili powder
- 1 large onion, diced
- 1 bag taco flavored Doritos

Energy Saving Cupcake

Nathaniel W.
Seattle

1/4 cup flour
2 T unsweetened cocoa powder
1/4 tsp baking powder
2 T sugar
1/8 tsp salt
1/4 cup + 1 T milk
2 T vegetable oil
1 T peanut butter

“The most interesting part was choosing your mug and having your own serving without having to cut or use extra dishes.”

Whisk together dry ingredients.

Whisk in milk and oil until all ingredients are combined and there are no clumps.

Pour batter into (microwave-safe!) large mug.

Drop peanut butter on top of batter. Don't stir.

Place mug on a paper towel in the microwave.

Microwave on high (900-1000 watts) for 70 seconds.

Carefully remove, and enjoy!



70 seconds
in a microwave



A pioneering conservation program began in 1977, a program that has teamed up with customers to save them energy and money, in total program participants have saved \$806 million on their bills.

Happy Cookin'!

